



Physical Activity

Why is physical activity important to Iowans?

- Being physically active is one of the most important steps Iowans of all ages can take to improve their health. Creating or modifying environments to make it easier for people to walk or bike is a strategy that not only helps increase physical activity, but can also make communities better places to live.
- [Six out of every 10](#) U.S. adults is living with a chronic disease contributing to disability, premature death and rising health care costs. Physical activity is both a prevention strategy and a solution. Increasing physical activity will significantly reduce their risk.
- [Only half of Iowa adults](#) are meeting the physical activity recommendations of 30 minutes, five days a week — 2% report no activity at all in the past month. Few of Iowa's youth are meeting recommendations — about 30% are getting 60 minutes a day.
- Physical activity helps people control their weight, reduce the risk for heart disease, type 2 diabetes and some cancers, strengthen bones and muscles and improve mental health. Children who are more active demonstrate higher scholastic achievement, better classroom behavior, greater ability to focus and less absenteeism.
(cont.)

Did you know?

People who live in neighborhoods with sidewalks are 50 percent more likely to meet physical activity guidelines.

A focus on health equity

Rates of physical inactivity and obesity are disproportionately higher among Latino and African-American Iowans, as well as in our low-income communities. Often these groups are living in neighborhoods that are less likely to have sidewalks, trails, or bike facilities that make it safe and convenient to walk or bike. There are also fewer parks and additional risks, like violence and crime, that discourage people from being active outside.

What does the department do?

- Partners with Iowa's Healthiest State Initiative to provide resources, funding and support for [5-2-1-0 Healthy Choices Count!](#)
- Works with [metropolitan planning organizations and regional planning affiliates](#) to improve the environment to encourage physical activity. This includes encouraging member cities to pass [complete street policies](#) — streets designed for all users: pedestrians, cyclists, transit users and motor vehicles.
- Collaborates with Iowa's Healthiest State Initiative to host the [Iowa Walking College](#); 31 individuals across Iowa participated in a six-month educational opportunity to increase their knowledge and advocacy around making their community more walkable.
- Promotes one hour of daily physical activity for children through the [Play Your Way](#) campaign.
- Provides technical assistance to child care centers and registered homes using [Go NAP SACC](#) to make changes to their physical activity environments.



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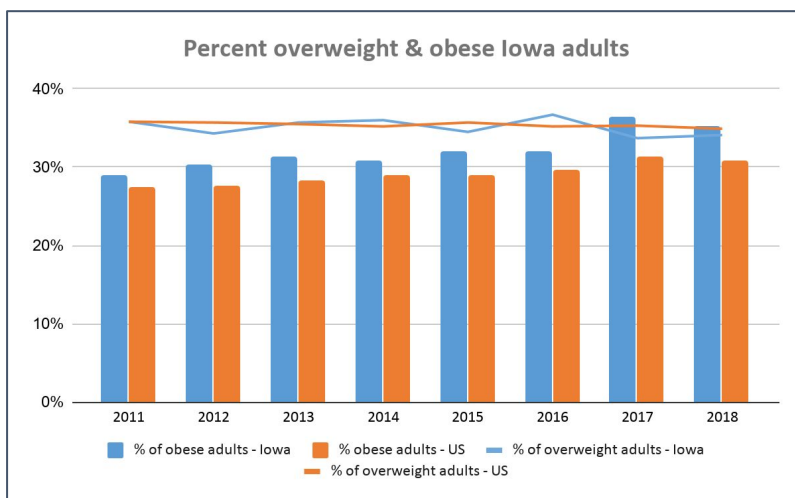
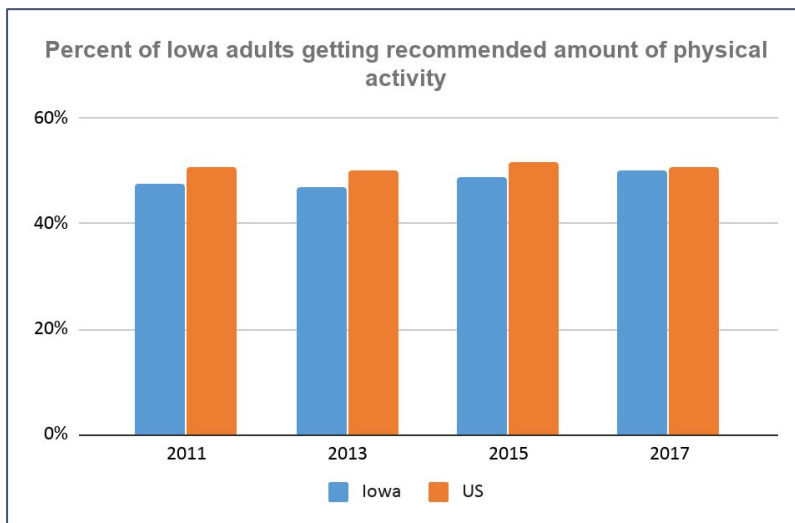
Why is physical activity important to Iowans? (cont.)

- Obesity is Iowa's top health priority identified by Iowa counties through their community health needs assessment. Iowa has the 7th highest self-reported adult obesity rate in the nation. Over one-third (35.3%) of adults are obese and another one-third (34.1%) are overweight. Iowa is the 14th heaviest state based on youth — 16.4% of 10- to 17-year-olds are obese.

What can Iowans do to help?

- Encourage your community to make it easier for citizens of all ages and abilities to walk by passing a [complete streets policy](#).
- Work with your local school district to make it easier and safer for students to [walk and bike to school](#).
- Child care providers register with [Go NAP SACC](#) and make healthy changes.
- Sign up your school, child care program, or out of school program for [5-2-1-0 Healthy Choices Count](#).
- Be active 30 minutes, most days of the week. Three, 10-minute increments are just as good.
- Create opportunities for children to be active 60 minutes or more every day.

How do we measure our progress?



Resources

	SFY 2018 Actual	SFY 2019 Actual	SFY 2020 Estimate
State Funds	\$97,497	\$247,497	\$246,982
Federal Funds	\$0	\$0	\$0
Other Funds	\$500,959	\$467,062	\$667,223
Total Funds	\$598,456	\$714,559	\$914,205
FTEs	0.95	1.66	1.99